



SEATTLE PARKS
AND RECREATION

Montlake

COMMUNITY CENTER

SUMMER 2006



*Programs this quarter will be held at
Miller Community Center Annex located in
Meany Middle School 301 20th Ave E 98112.*

*McGilvra Before and After School, Break Camps and Summer Day Camp will be held at
McGilvra Elementary School in Madison Park .*

Montlake Community Center

at Miller Community Center Annex

located in Meany Middle School

301 20th Ave E 98112

Phone: (206) 684-4736 Fax: (206) 233-7140

visit us at <http://seattle.gov/parks/>

Payment may be made at Miller*.

Monday, Wednesday, Friday 1 – 9 p.m.

Tuesday and Thursday 10 a.m. – 9 p.m.

Saturday 10 a.m. – 5 p.m.

Sunday Closed

*Montlake CC has no hours of operation

Facility closure

Montlake Community Center will be closed for renovation beginning December 1st. See page 3 for details.

Holiday closures

Tuesday, July 4, Independence Day

Monday, September 4, Labor Day

Program registration

Begins May 30

Program dates

June 26 to September 15, 2005

Professional staff

Ken Bounds, *Superintendent*

B. J. Brooks, *Deputy Superintendent*

Christopher Williams, *Operations Director*

Maureen O'Neill, *North Recreation Manager*

Tom Ostrom, *North Sr. Recreation Coordinator*

Charles Humphrie, *Center Coordinator*

Klaus Goodrum, *Sports Director*

Zinda Foster, *Recreation Attendant*

Mission

Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate, and build community.

E-Brochures are available!

In keeping with our environmental stewardship policies, we're trying to reduce the amount of paper we use. We invite you to visit our web site at www.seattle.gov/parks. You can find this brochure information online.

Suggestions

We welcome your ideas. If you want to suggest a new class, or if you have an idea you think would benefit us or our community in general, please let us know.

Interested in teaching?

We're always looking for top quality instructors to offer unique courses. We choose class offerings based on participants' interest and space availability. If you have a special talent, skill, or knowledge you would like to share with others in a class or workshop format, please talk to a member of our staff.

Anti-discrimination

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental or physical handicap.

Join Montlake Advisory Council

You can make a difference!

The Advisory Council is a group of citizens dedicated to the enrichment of our community. Its support enables us to offer a variety of programs and services for people of all ages, abilities and backgrounds.

Our Advisory Council is always looking for new members. Meetings are held (on the first Monday evening of every month) to talk about programs, policies, and financial issues. Citizen direction and participation are vital to our continued success. Advisory Council members also create scholarship opportunities through grant writing and other fundraising activities. If you'd like to get involved, please contact our staff.

Most classes, workshops, sports, special events, and facility rentals are funded through the Advisory Council rather than through Seattle Parks and Recreation. Revenues generated through program fees offset program costs to make Advisory Council activities self-sustaining. We rely heavily on program participation, donations, and contributions to buy, repair, maintain, and upgrade program equipment and supplies.

Accommodation for people with disabilities.

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids or other accommodation, please call (206) 615-0140 or TDD (206) 684-4950. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

More information

For information about Parks and Recreation facilities, recreation programs, picnic shelters, and scheduling, please visit our web site at www.seattle.gov/parks, or call our Public Information line, 206-684-4075. For more information about programs for senior adults, please call 206-684-4951, and for information about programs for special populations, please call 206-684-4950.

Program Relocation

Located in Central East Seattle, **Montlake Community Center (MCC)** is ***closed for construction*** effective December 1, 2005. The expanded center will reopen in late 2006, offering a wide array of programs and special events.

During closure, many of our programs have been relocated to **Miller Community Center Annex located in Meany Middle School 301 20th Ave E 98112. Miller Annex is located East of Miller Community Center. The parking lot is located on 20th Ave E.** Other programs have moved to locations nearby.

Montlake Children and Youth Indoor Sports Programs have both been relocated to **Miller Community Center Annex**. These programs include Instructional, Cub and Youth Basketball as well as Nerf Soccer.

Youth Outdoor Summer Sports Programs will be held at Bobby Morris Playfield.

McGilvra Before and After School and Break Camps are located at McGilvra Elementary School in Madison Park.

Summer Sports Camps will be held at Bobby Morris Playfield.

Morning Fitness will be held in the Miller Community Center Gym at 7 a.m. and 8:15 a.m.

Adult Karate will be held at the Miller Community Center Annex.

Registration Timeline

Summer 2006 Programs Dates

June – September 2006

Register now for Fall 2006 Before & After School Programs.

Fall Sports Registration will begin May 30, 2006

Holiday Closures:

Tuesday, July 4 – Independence Day

Monday, September 4 – Labor Day

Registration and Program Information

During the renovation, Montlake will be operating under a skeleton staff. We will not offer standard business hours. Miller Annex will be open only to registered program participants during program times.

Initially we will provide 2 methods of payment. Payments may be dropped off or be made by phone. Information is provided below. Online Registration and Payments will be made possible beginning December 12th. Beginning December 5th, activities may be viewed online. Many questions regarding online payments can be answered on the following site **<http://egov1.seattle.gov/parks>**. For any other information regarding Montlake Community Center activities and renovation updates go to **<http://www.seattle.gov/parks/centers/montlakecc.htm>** We hope to include other options for registration and payment in the near future.

Registration forms for Montlake Programs will be available at Miller Community Center. There will be a drop box located inside Miller Community Center. For your convenience participants may complete registration forms, attach payment and drop it in the drop box at Miller Community Center during Miller business hours. Mon, Wed and Fri 1-9pm and Tue, Thur 10-9pm. MCC staff will still collect all fees and process your drop box payments.

To make **payments by phone** for any of our programs that you have previously registered for (before and after school, Fitness etc) please call 206-684-4736. Be prepared to leave your name and telephone number. You will receive a call back within 48 hours.

Registration forms and payment must be received in order to be considered registered for a program.

To contact our Childcare Director for specific questions or to communicate your child's absence, call 206-423-4751.

For all other questions please call 206-684-4736.

Kids Out of School Care/ Camps

McGilvra Before and After School Care

McGilvra Before and After School Care is a DSHS licensed out of school time program which provides care for children attending kindergarten through sixth grade. At MASC kids are encouraged to grow socially and physically through activities including sports, art, science, homework tutoring, theater, cooking, community involvement and much, much more. At MBSC/MASC we encourage each child's creativity, uniqueness and their ability to do things like nobody else. All activities, field trips and snacks are based upon the interests of our children. The staff members at MBSC/MASC strive to provide the children with opportunities for choice and self-direction. We offer a family oriented atmosphere in a safe and fun environment. Come join the MASC staff for an exciting school year.

Monthly Fees:

Before School Care 7:15 a.m. – 9:15 a.m.	After School Care 3 p.m. – 6 p.m.
5 days/wk: \$160	5 days/wk: \$245*
4 days/wk: \$145	4 days/wk: \$230
3 days/wk: \$120	3 days/wk: \$190
2 days/wk: \$95	2 days/wk: \$135
1 day/wk: \$50	1 day/wk: \$85

*2nd child \$235

Explanation of Fees – The standard monthly Before and After School program fees are calculated by determining the school year cost and dividing by ten. This averages the cost of the programs over 10 months and allows for a consistent fee. For example, the same fee is charged for a full month (September) and a holiday month (December).

Drop-in child care participants will no longer be accepted. Families must register for one of the above options. At the time of registration please be prepared to indicate the specific days of the week you will be attending. For example 2 day a week After School, Mon and Wed

Eligible families may request scholarship funds for the five day a week program. To inquire about scholarship availability please call 206-684-4736

Bus service is available to and from Stevens, Lowell and Montlake Elementary Schools via Public School Transportation.

Age: Children K to 5

Sept 6 – Dec 15

Location: Lunchroom

Mid-Winter Break Camp

Week 1

Mon – Fri 7 a.m. – 6 p.m. 12/18 – 12/22

Fees: \$145.00, 2nd Child Discount - Full Week \$140

Week 2

Tue – Fri 7 a.m – 6 p.m. 12/26 – 12/29

One Day Camp

No cost to full time before and after school participants

**\$Full-time participants in both BF & AF \$10.00,
Participants in either BF or AF \$15.00,
Participants NOT in BF or AF \$29.00**

Instructor: Bailey Korsmo

Age: 5 to 12

#9201 Friday, October 13 7 a.m. – 6 p.m.

Location: McGilvra Elementary/Lunchroom



PreCamp

PreCamp

Ages 3 – 5

9 a.m. – 3 p.m.

Week 1

Animals are everywhere, even at Pre-Camp! Watch tadpoles become frogs. See caterpillars become butterflies. Test your abilities to roar like a lion and sing like a bird. Let's hop like kangaroos and slither like snakes. We will inspect creatures great and small.

Location: Madison Beach Bathhouse

#8512 M – F 6/26 – 6/30

Activity Fee \$165.00

Week 2

What is your favorite day of the year? Let's have it all as we celebrate various holidays from around the world! We will have a costume day for Halloween, Fourth of July celebration, Chinese New Year, and more. We'll wrap up the week with a very merry un-birthday to all!

Location: Madison Beach Bathhouse

#8513 M/W/Th/F 7/3 – 7/7

Activity Fee \$132.00

Week 3

Time to travel back in time when dinosaurs ruled the earth. As paleontologists, we will have a big dinosaur excavation. Watch out pre-campers, we may become dinosaurs! Well, at least we'll look like dinosaurs with our dinosaur masks and our dino dances.

Location: Madison Beach Bathhouse

#8514 M – F 7/10 – 7/14

Activity Fee \$165.00

Week 4

Come with us as we learn about the people in Madison Park! From firefighters to pizza bakers, grocery store clerks to the mail carrier, there are many jobs in our community! There will be a day to dress up as your favorite career choice.

Location: Madison Beach Bathhouse

#8515 M – F 7/17 – 7/21

Activity Fee \$165.00

Week 5

All Aboard! Planes, trains, automobiles, bikes, buses, walking, there are many ways to travel. We will use our train to travel all around the country! Let's visit the cowboys and cowgirls in the south-west or over to the Florida beach for a little sun. Along with our train ride, we'll also have a bike day to travel a little more locally.

Location: Madison Beach Bathhouse

#8516 M – F 7/24 – 7/28

Activity Fee \$165.00

Week 6

3.....2.....1..... BLAST OFF! Planets, stars, galaxies, moons, there's so much to explore in the great unknown. Help us create our spaceship to take us to outer space. As astronauts, we will see the unbelievable. Our art projects will be out of this world!

Location: Madison Beach Bathhouse

#8517 M – F 7/31 – 8/4

Activity Fee \$165.00

Week 7

Ahh, the great outdoors. There is so much to explore and find! We'll bring out our binoculars and magnifying glasses as we search for the greatest rocks, bugs, and plants. We'll also explore nature in water (bring your suit) and do a little camping. . . Indoors!

Location: Madison Beach Bathhouse

#8518 M – F 8/7 – 8/11

Activity Fee \$165.00

Week 8

Let's pretend there's a rainbow we can ride to a magical place called Imagination Land. There is anything and everything in Imagination Land. We may see unicorns, elves and enchanted forests. Our imaginations will also take us under the sea to magic at the Seattle Aquarium.

Location: Madison Beach Bathhouse

#8519 M – F 8/14 – 8/18

Activity Fee \$165.00

Sports Camps

All Sports Camp

Ages 6 – 11

All Sports Camp allows campers to experience a variety of competitive and noncompetitive outdoor sports and games. Children will be exposed to a wide variety of exciting alternative sports including Frisbee golf, kickball, and pickle ball. Excited staff will teach and practice the fundamentals of soccer, basketball and t-ball. Loads of games will be played including capture the flag, rampage soak'em, kick the can, treasure island and many other favorites. Each week will incorporate a new theme.

Location: Bobby Morris Athletic Field

Morning Sports Camp

Week #	Days	Time	Dates	Barcode	Activity Fee
1	M/T/W/Th/F	9 a.m. – 1 p.m.	6/26 – 6/30	#8431	Full Week - \$85
2	M/W/Th/F	9 a.m. – 1 p.m.	7/3 – 7/7	#8435	Full Week - \$68
3	M/T/W/Th/F	9 a.m. – 1 p.m.	7/10 – 7/14	#8441	Full Week - \$85
4	M/T/W/Th/F	9 a.m. – 1 p.m.	7/17 – 7/21	#8443	Full Week - \$85
5	M/T/W/Th/F	9 a.m. – 1 p.m.	7/24 – 7/28	#8445	Full Week - \$85
6	M/T/W/Th/F	9 a.m. – 1 p.m.	7/31 – 8/4	#8446	Full Week - \$85
7	M/T/W/Th/F	9 a.m. – 1 p.m.	8/7 – 8/11	#8449	Full Week - \$85
8	M/T/W/Th/F	9 a.m. – 1 p.m.	8/14 – 8/18	#8451	Full Week - \$85

Afternoon Sports Camp

Week #	Days	Time	Dates	Barcode	Activity Fee
1	M/T/W/Th/F	1 p.m. – 5 p.m.	6/26 – 6/30	#8454	Full Week - \$85
2	M/W/Th/F	1 p.m. – 5 p.m.	7/3 – 7/7	#8457	Full Week - \$68
3	M/T/W/Th/F	1 p.m. – 5 p.m.	7/10 – 7/14	#8461	Full Week - \$85
4	M/T/W/Th/F	1 p.m. – 5 p.m.	7/17 – 7/21	#8465	Full Week - \$85
5	M/T/W/Th/F	1 p.m. – 5 p.m.	7/24 – 7/28	#8466	Full Week - \$85
6	M/T/W/Th/F	1 p.m. – 5 p.m.	7/31 – 8/4	#8467	Full Week - \$85
7	M/T/W/Th/F	1 p.m. – 5 p.m.	8/7 – 8/11	#8468	Full Week - \$85
8	M/T/W/Th/F	1 p.m. – 5 p.m.	8/14 – 8/18	#8469	Full Week - \$85



Montlake Community Center is operating at



Miller Community Center Annex in
Meany Middle School
301 20th Ave E, Seattle 98112
206-684-4736

and



McGilvra Elementary School
located in Madison Park
1617 #8th Ave. E, Seattle 98112

Sports Camps



Baseball Camp – Afternoon \$85

Ages 9 – 11

Here comes the call. Time to PLAY BALL!!! Hit the ball, run the bases, and slide into home plate. Enjoy baseball all summer long. This week in camp will focus on fundamentals of baseball, playing games and having fun.

Location: Bobby Morris Athletic Field

Mon – Fri		1 – 5 p.m.
Week 1	#8541	6/26 – 6/30
Week 4	#8543	7/17 – 7/21
Week 5	#8545	7/24 – 7/28
Week 7	#8548	8/7 – 8/11

Coach Pitch Baseball Camp \$85*

Ages 7 – 9

Here comes the call. Time to PLAY BALL!!! Hit the ball, run the bases, and slide into home plate. Enjoy baseball all summer long. This week in camp will focus on fundamentals of baseball, playing games and having fun. No Program 7/4/06

Location: Bobby Morris Athletic Field

*Activity Fee \$85.00 (except as noted)

Week 2 – Afternoon

#8542 7/3 – 7/7 M/W/Th/Fri 1 – 5 p.m.

*Activity Fee \$68.00

Week 5 – Morning

#8544 7/24 – 7/28 M – F 9 a.m. – 1 p.m.

Week 6 – Afternoon

#8546 7/31 – 8/4 M – F 1 – 5 p.m.

Week 7 – Morning

#8547 8/7 – 8/11 M – F 9 a.m. – 1 p.m.

Flag Football Camp \$85

Hut, Hut, Hike. Players will learn the skills of passing, catching and de-flagging. This fun and safe sport introduces the rules of the game as well as offensive and defensive strategies.

Location: Bobby Morris Athletic Field

Week 3 – Morning

Ages 6 – 8

#8549 7/10 – 7/14 M – F 9 a.m. – 1 p.m.

Week 4 – Morning

Ages: 9 – 11

#8550 7/17 – 7/21 M – F 9 a.m. – 1 p.m.

Week 8 – Morning

Ages: 9 – 11

#8551 8/14 – 8/18 M – F 9 a.m. – 1 p.m.

Girls Softball Camp \$85

Ages 8 – 11

Designed for all skill levels. Come learn and improve your fundamental mechanics of throwing, catching, and hitting. Take part in a pitching clinic, hit from a pitching machine, and just have fun playing the games.

Location: Bobby Morris Athletic Field

Week 3 – Afternoon

#8552 7/10 – 7/14 M – F 1 – 5 p.m.

Week 8 – Afternoon

#8553 8/14 – 8/18 M – F 1 – 5 p.m.



Sports Camps



Soccer Camp – Afternoon \$85*

Soccer camp instructors will teach the basic techniques of this worldwide sport. Learn new drills, play games, and discover the power of Soccer.

Location: Bobby Morris Athletic Field

Activity Fee: \$85 unless otherwise noted

Week 1 **Ages 6 – 8**

#8554 6/26 – 6/30 M – F 1 – 5 p.m.

Week 2 **Ages 9 – 11**

#8555 7/3 – 7/7 M/W/Th/F 1 – 5 p.m.

No Program 7/4/06

*** Activity Fee \$68.00**

Week 3 **Ages 9 – 11**

#8556 7/10 – 7/14 M – F 1 – 5 p.m.

Week 4

#8557 7/17 – 7/21 M – F 1 – 5 p.m.

Week 5

#8558 7/24 – 7/28 M – F 1 – 5 p.m.

Week 6

#8559 7/31 – 8/4 M – F 1 – 5 p.m.

Week 7

#8560 8/7 – 8/11 M – F 1 – 5 p.m.

Week 8

#8561 8/14 – 8/18 M – F 1 – 5 p.m.

T-Ball Camp – Morning \$85

Ages 6 – 7

Here comes the call. Time to PLAY BALL!!! Hit the ball, run the bases, and slide into home plate. Enjoy baseball all summer long. This week in camp will focus on fundamentals of baseball, playing games and having fun.

#8540 6/26 – 6/30 M – F 9 a.m. – 1 p.m.

Tennis Camp \$95*

Tennis Campers of all skill levels will learn the basics of tennis. Emphasis is on fun and the various elements of basic stroke production, including forehand, backhand, serve, volley, and overhead, as well as basic game strategy and tactics for singles and doubles play. Tennis Campers will need to bring their own racket everyday.

All sessions are Monday – Friday

Class times are from 9 a.m. – 1 p.m. unless otherwise noted.

Activity Fee: \$95 unless otherwise noted

Week 1 #8528 6/26 – 6/30

Ages 9 – 11

Week 2 #8529 7/3 – 7/7 M/W/Th/F

Ages 6 – 8

No Lesson 7/4/06

*** Activity Fee \$75.00**

Week 3 #8530 7/10 – 7/14

Ages 9 – 11

Week 4 #8531 7/17 – 7/21

Ages 6 – 8

Week 5 #8532 7/24 – 7/28

Ages 9 – 11

Week 6 #8533 7/31 – 8/4

Ages 6 – 8

Week 7 #8534 8/7 – 8/11

Ages 9 – 11

Week 8 #8535 8/14 – 8/18

Ages 6 – 8

Ultimate Frisbee Camp \$85*

A fantastic sport that is fun to learn and easy to play. Learn the 10 basic rules of the game, how to throw and catch the frisbee, and have fun running in the sun. Come learn this new sport.

Week 2

No Program 7/4/06

#8735 7/3 – 7/7 M/W/Th/F 9 a.m.–1 p.m.

Ages 9 – 11

Activity fee: \$68

Week 6

#8736 7/31 – 8/4 M – F 9 a.m. – 1 p.m.

Ages 9 – 11

Summer Day Camp



Day Camp

\$135/wk

Ages 5 – 12

Monday – Friday

7 a.m. – 6 p.m.

Day Camp – Full Week \$135.00, Second Child \$130.00 unless otherwise noted

Location: Miller Annex

Montlake Summer Day Camp Weekly Themes

Week 1: Time Travel: Back to the Future!

Past Present and future...let's all jump aboard our time machine as we travel through space and time visiting galaxies far far away!

#6846 6/26 – 6/30

Week 2: World Week: Around the World in 4 Days!

Come one, come all to the best world tour yet! Grab your passport because we're visiting countries and cultures in just one week's time! **No camp Tue, Jul 4; fee pro-rated: \$108; second child \$104.**

#6847 7/3 – 7/7

Week 3: Animal Week: Lions and Tigers and Campers...Oh My!

Join us for an animal Safari around the city. Look out for predators in our animal kingdom and get ready for a wild ride!

#6848 7/10 – 7/14

Week 4: Sports Week: Athletes Wanted!

Grab your gear and your best game face as we enter a week of crazy competitions and grand slam fun!

#6849 7/17 – 7/21

Week 5: Explorer Week: Discover Seattle!

With a map and compass in hand, we'll explore this city from ground up! No place will be left unturned as we uncover all the mysterious of our city!

#6850 7/24 – 7/28

Week 6: Outdoor Adventure: Gone Fishin'!

Adventure and excitement is our game this week. We'll test our wilderness skills to see what we're made of and enjoy all the Northwest has to offer!

#6851 7/31 – 8/4

Week 7: Water Week: Soak 'em!

Soak 'em! If it involves water, then we're there getting wet and wild! With swimming, sliding and water fights there won't be a dry eye!

#6852 8/7 – 8/11

Week 8: Wheels & Wings Week: In the Fast Lane!

This accelerated week is full of fast paced motion! If it moves with wheels or wings, then we have a green light. So, grab your pilot's license and bike helmet and get ready to go!

#6853 8/14 – 8/18

Week 9: Mystery Week

Come aboard Montlake Mystery Train. Riddles, tricks, and wacky science activities are full of surprises that will keep you guessing. Take a field trip to a mystery location. Activities will include magic tricks and illusions. Try your hand at a card trick or building a house of cards. Science experiments will leave you stunned. Campers will work together to solve the Wheel of Fortune and a big game of Scavenger Hunt Clue.

#8511 8/21 – 8/25

Fall Youth Sports

Nerf Soccer

\$45

Everybody circle round, lift the canvas off the ground. Pull and pull and watch it rise, Big Top grows before our eyes. WELCOME TO THE NERF SOCCER CIRCUS!! This Fall, we will bring Nerf Soccer to the Big Top. The 4 year old program will practice one day a week. Our focus is on having fun, introducing the concept of soccer and playing circus soccer games. A few scrimmages will be set near the end of the program to thrill the audience. So come one come all, find those big clown shoes and kick the soccer ball. Volunteer clown coaches are still needed for this program.

4 year olds

#9199 9/11 – 10/30 Mon 4:30 – 5:30 p.m.

5 – 7 year olds

#9200 9/7 – 11/3 M – F 4 – 7 p.m.

Ultimate Frisbee

\$35

Ages 8 – 13

The rules are simple, the equipment is minimal, the spirit is infectious, and the fun is enormous. So, with a flick of your wrist, come enjoy the exciting and growing sport, ULTIMATE FRISBEE. This instructional league will teach you the basic rules of the game, how to throw and catch the frisbee, and have you running in the sun (think positive). So come join in the fun.

#9294 9/11 – 10/27

Mon/Tue

4:30 – 6 p.m.

Fri

5 – 6:30 p.m.



Adults

Adult Karate

\$100

Learn the techniques and traditions of the ancient form of martial arts. All levels are welcome from beginners to advanced. This course is designed for each student to learn at their own pace. Each student should purchase a white gi, belts are included

Instructor: Jim Knoblet

Dates: 6/27 – 8/15

Location: Miller Annex

Ages: 18+



Fitness Classes

Get in shape safely and seriously. Mixed impact aerobics developed to accomodate many fitness levels from beginner to the more seriously fit. Work out consists of warm up, aerobic power walking or running, dance, cool down and mat strength training and conditioning. These classes incorporate several forms of exercise including aerobics, isometrics, calisthenics, and yoga. Music ranges from classical, swing, R & B, and cocktail classics. Full payment is due prior to attending classes.

#visits Senior Fee Adult Fee9 \$45 \$49.5018

\$72 \$79.5027 \$81 \$89.5036 \$99 \$109Unlimited

\$110 \$121

Instructor: Erica Christensen

Age: 18+

Mon – Fri 7 – 8 a.m.

Jul 3-Sep 1

Mon – Fri 8:15 – 9:15 a.m.

Jul 3-Sep 1

Location: Gym

Summer Quarter 2006

Recreational Swim Programs

***Early Morning Lap Swim** - Swimmers follow a posted set of lap swimming guidelines. Open to anyone who can swim lengths of the pool. Program admission is by swim ticket only.

Lap Swim - Lap swimming. At least 2 and usually 3 Lap Lanes will be available. Swimmers please follow the posted set of lap swim guidelines. Open to any age that can swim lengths. This program is offered in conjunction with other swims in the pool at the same time.

Masters Workout - A swim team workout for adults. Let our swim instructors get you in shape. Get an invigorating workout, while receiving stroke and turn tips from the experts.

Public Swim - Recreational swimming for all ages. Children who are not at least 4' tall and who are under 6 years of age must be accompanied into the pool by an adult.

Family Float Swim/Pool Playland - Recreational swimming for the whole family. All ages may participate; however, parents must accompany children under the age of 18 into the pool.

Redwood Cedar Sauna - The Sauna is available during all of our hours of operation. Children under 18, must be accompanied by parent.

Weight Training Area - The Universal weight machines, Smith Machine, & free weights are available for use during all operating hours. Check out a weight pin from the cashier. For Adults 18 and over. Fee is \$1 with swim admission & \$2 without.

Fitness Programs

Water Exercise - Increase your flexibility and your range of motion in this low impact aerobic class. This is a terrific exercise program for all ages and abilities. Especially helpful to seniors and patients recovering from injuries.

Adapted Water Exercise - Primarily for seniors or those seeking joint mobility and flexibility, our instructors will help improve your quality of life. Class is set to relaxing big band and contemporary music.

Deep Water Aqua Jogging - This is a great way to experience the benefits of a really good run, without the harmful impact of the real thing. Perfect for athletes who are recovering from injuries. Participants in this program must be comfortable in deep water.



Swimming Lesson Programs

Parent-Tot Lessons 6 mths to 4 yrs
This class teaches basic water adjustment through more advanced swimming skills with an emphasis on enjoyment and relaxation.

Three Year Old lessons
Just for our three year old patrons! Parents watch from the deck while an experienced instructor teaches their child important skills needed to be comfortable in the water.

Kinder Lessons Ages 4 & 5
Water adjustment, basic swimming skills as well as more advanced American Red Cross techniques are introduced and taught. Students are placed in small class groups, then divided into ability levels.

Beginning Youth Lessons Ages 6 to 13
American Red Cross swimming lessons, skills taught begin with water adjustment for the novice and end with crawl stroke and deep water skills. Some optional diving techniques are also included.

Advanced Youth Lessons Ages 6 to 13
These lessons are for advanced students who are comfortable swimming lengths of the pool, and have strong floatation and crawlstroke skills.

Summer Swim League Ages 7+
A fun introduction to competitive swimming. This league features regular workouts, low key competition, stroke technique and team building. If your child is 7 years or older, and able to swim one length of the pool, Summer Swim League may be for them.

Adult Lessons Ages 13+
Novice through more advanced levels of instruction. The classes are tailor made to the students needs. Special gentle attention given to those adults who are aqua phobic.

Birthday & Splash Party Rentals
Medgar Evers Pool is available for your private rental. For more information call, 684-4766

How To Register For Lessons
Simply come to the pool cashier in the lobby during open hours and fill out a registration form and pay the class fee. Registration is done on a first come first served basis. New Participants: Open registration for Summer Quarter begins Monday, May 22 at 11 a.m.

Financial assistance for children's swimming lessons is available. Please contact the pool for more information.

General Information

Payment

You can pay for classes and other activities by mail, in person during regular facility hours, or by telephone with a credit card. We accept Visa, MasterCard and American Express. Please make checks and money orders out to City of Seattle. **Please note:** Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due, plus a \$20 fee. (Credit card or cash only.) We are working on a system that will make online registration available.

Fees and charges

Our Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees collected by the Advisory Council are used to offset the cost of providing the programs. Program charges include user fees of 3.25% paid to Seattle Parks and Recreation to defray operating costs. People 60 and older are not charged these user fees unless there is a stated senior fee for a particular class. Class and program fees include Washington State sales tax where applicable.

Refunds

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- Anyone who registers for a class, camp, special event or program that is cancelled for any reason by Parks and Recreation or the Advisory Council will receive a full refund.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who requests a refund 14 days or more before its start (or before the second session of a class), may receive a refund minus a service charge.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who withdraws from the activity fewer than 14 days before its start (or after the second session of a class), will receive no refund.
- Please read the entire policy, #7.16, for specific information.

Scholarships

Our Advisory Council wants to ensure that our activities, classes and sports are available to everyone, regardless of their ability to pay. The Council may choose to offer scholarships for qualified applicants. To apply for a scholarship, please talk to a member of our staff.

Waiting lists

We will create waiting lists for all filled classes. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability.

Class cancellations

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we must cancel it. We'll notify you (at the latest) one or two days before the class start date. When possible, we will postpone a cancelled class for a week to allow for more enrollments; if the class minimum is not met by then, we will have to cancel it.

Confirmations

Sorry, we cannot confirm class registration by mail or phone, but we will notify you by phone if your class is postponed or cancelled.

Roger Peter Scholarship Fund

Roger was the community center coordinator at Montlake for over 10 years. The Montlake Advisory Council and his family formed this fund in his memory to provide opportunity for disadvantaged youth to participate in Montlake Community Center sports and recreation programs. If you are interested in applying for financial aid through this fund, or in donating to the fund, please talk with a staff person.